



The Senior Edition

The Shrewsbury Council On Aging Newsletter

published Monthly for all

Shrewsbury Residents age 60 and over

October 2004

Volume 4, Issue 10



October 2004 Special Dates:

National Breast Cancer Awareness Month

Oct. 11th: Columbus Day All Municipal Offices Closed

Oct. 15th: Emergency Preparedness Event

Oct. 19th: Friends of the Shrewsbury Senior Center, Inc.

Oct. 20th: Free Blood Pressure Screening

Oct. 22nd: Brown Bag Lunch and a Movie

Nov. 2nd: Election Day! Don't Forget to Vote!

And much more...see inside for details and calendar on the last page for a complete look!

The Town of Shrewsbury's Council On Aging mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older

Senior Edition Policy: Submissions to the Newsletter must not exceed 150 words. Name must appear on any materials submitted. Articles may require editing without notification. Limit one submission every 3 months subject to space limitation. Photos should note who took the picture. Please send or drop off what you would like to be included in the Newsletter. Be sure to address the envelope to the Newsletter Committee. We hope to hear from you!

The COA would like to recognize the State Office of Elder Affairs for allocating a portion of the 2005 Formula Grant to go toward the mailing labels for our Newsletter.



**Friends of the Shrewsbury
Senior Center, Inc.**

98 Maple Avenue, Shrewsbury, MA 01545

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Shrewsbury Council on Aging (COA)

Shrewsbury Senior Center
98 Maple Avenue
Shrewsbury, MA 01545
(508) 841-8640

October 2004



COA Staff and General Information:

Office Hours: Monday through Friday:
8:00am-4:30pm

Office Phone: 508-841-8640

Office Fax: 508-841-8641

Staff: COA Board Members:

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,
John Concordia, Secretary, Al Crommett, Lillian Goodman
Helen McLaughlin and Tim Swiss

COA Director: Sharon M. Yager

Assistant to COA Director: Vicky Pellegrino

Transportation Coordinator: Cynthia Willis

Van Drivers: Ralph Anderson, Bob Dumas, Mike Jardarian,
Mike Mazzola, Dick Londergan, Ed Rezuke and Keith Harlow

Dining Manager: Loretta Conroy 508-841-8757

Meals on Wheels Drivers:

Michelle Mancini, Alan Buckley, George Berquist

Outreach Coordinator: Walter Rice

Volunteer Coordinator: Elaine Baskin

SHINE Counselors: Mary Hardell, Al Crommett

Friendly Visitor Coordinator: Lorraine Covino

CARES Coordinator: Dave Grillo

CMAA Liaison: Vicki Zwerdling

Volunteer Office Staff: Dorothy Dobson, Loretta Henry,

Carmella Iacono, , Nancy Kowalczyk, Rena Qualey,
Lucille McHugh, Katharine Nelson, Rochelle Lockwood,
Barbara Morrissey, Phyllis Robbio. Susan Pappas and Betty Viscera

Senior Aide: Layah Ruth Lehmann

Veteran's Agent: Richard Perron, 508-841-8386

Office Hrs: Mondays: 8:30am to noon

Thursdays: 8:30am to 3:45pm

Happy October Birthday To:

10/4, Loretta Henry: Office Volunteer

10/11, Dave Grillo: CARES Coordinator

Your Newsletter Committee Consists Of:

Layah R. Lehmann, **Editor**, Fran Rimkus, **Chairman**,
Bob Oetting, **Advertising Coordinator**,
Ron Davis, Norma Giumentaro, Mary Layden,
Janice McNamara, Maynard Rinker

Which One Is Not A Cellphone?

Many of you know we have drop off bins for used eyeglasses and cellphones at the Senior Center. This phone held by volunteer Paula, was dropped off last month. To the best of our knowledge it is NOT a cellphone, like those being used by Cynthia, Fran and Paula! It gave us all a good chuckle, though. It could have been worse and been a rotary phone!



Letter from the COA Director:

Thank you to everyone who gave us their feedback on last month's expanded issue! The feedback was very much in favor for an on-going 12 page issue. We are very excited about this new endeavor, but will not be implementing the new expanded edition every month until the new year begins. This will give us time to get your feedback on what you'd like to see in the new addition and to allow us time for the design and funding aspects to be worked out. Thank you to all who donated last month toward the Newsletter. Just to remind everyone, anyone who donates \$100 or more toward the Newsletter will get their name on the special Newsletter plaque in the Senior Center lobby. You may recall we did this when we expanded from a 4 to 8 page publication. We have a new panel to add to the plaque and hope to get more donations. All donations are welcome and we will extend the plaque offer once again to anyone who wants to donate \$100 or more. We thank you for any help you can provide!

We offer a warm welcome to our new Dining Manager, Loretta Conroy, who had just been hired at press time. Loretta is a Shrewsbury senior and resident and has experience in the food service industry. We look forward to having her be a part of our team!

We also extend our sympathies to Carl Sundstrom's widow, Claire, and family. Carl lost his brave battle with cancer since our last issue and will be missed terribly. Carl had been a COA van driver for many years and will always be remembered for his big smile and cheerful way that he helped everyone.

We also want to wish former van driver Norm Vandal best wishes in his retirement, which he announced last month. Norm, a MA Electric retiree, was recruited by Mike Manna to help drive the COA van in the late 1980's before there was even a former COA Department or COA Director. Norm was a dedicated driver who will also be dearly missed. We hope he enjoys his well deserved retirement and has fun with his favorite "g" activities: golfing, gardening and grandchildren!

Lastly, the Formula Grant appears to have been approved for an increase from the state from \$4.95 per senior to \$5.35. This will give us over \$2,200 in additional grant funding, but the money will unlikely arrive before December. We are grateful to our legislators and other advocates in the network who fought for the increase in this challenging fiscal climate.

May you all have a wonderful month!

Sharon M. Yager

October 15th, 10am Emergency Preparedness

An Emergency Preparedness Presentation co-sponsored by the Council on Aging and Commission on Disabilities will be made at the Senior Center on Friday, October 15, 2004 from 10AM to Noon. A panel of speakers including the Police Chief, Fire Chief, Emergency Management Director and Board of Health Director will be there to discuss preparations for evacuations, weather related emergencies and creating a personal support system.

Lunch is available after the program at a cost of \$2 (soup, salad, sandwich, beverage and dessert).

Registration is required and the forms are available at the Senior Center for pick up or call the Senior Center at 508 841-8640 to request one as soon as possible!

October 22nd, 11:30am Lunch/Movie

Join us for this month's feature sponsored by Westboro Bank. Rated PG-13, this month's movie is the remake of Disney's popular "Freaky Friday", featuring Jamie Lee Curtis as Tess, an uptight therapist-author, and Lindsay Lohan as Anna, her disgruntled teen daughter. Conflict between the two reaches fever pitch one night and the two metamorphous into each other's bodies. See what happens as they try to walk in each other's shoes! Bring your own lunch, or buy a soup/salad/sandwich lunch for \$2 at the Meal Site. **Please** call the COA by the morning of October 20th to reserve your seat and/or your lunch.

Chair Pilates Classes Continue

Dr. Harvey Clermont has started a chair Pilates class for those who need modified Pilates or find the regular Pilates class too challenging. Wear comfortable clothes to the classes. Pilates has many advantages; it improves the posture, body contour and balance, as well as assisting in emotional well-being. The exercise is a wonderful form of discipline that helps keep the CORE muscle groups strong, as well as the other major muscle groups. You may join a class at any time. There is a \$2.00 suggested donation per class, which will go to the "CHANGE" program at St. Anne's Church, where Dr. Clermont runs the free medical clinic.

Computer Classes to Run Again At the High School:

Our popular computer classes, taught by Dick Correria, will begin again this month and run from 10/20 to 11/17. If you have been on a waiting list for the classes, you should get a call giving you more information. Inevitably, some people who have been on the waiting list have a change of plans, so we are always taking names for the classes. Please call if interested.

Are You Newly Widowed? Do You Hate Cooking For Yourself? Is Having To Cook New To You?

If you answered "yes" to any of these questions, you are not alone. Having to take on cooking in addition to caregiving, cooking for yourself when you used to cook for others or cooking under new dietary requirements your doctor has set for you, can all make creating meals a chore. Beginning this month, a four part workshop will be run at the Shrewsbury High School that will run through January. Topics will include food safety, heart healthy meals, reading labels, cooking for the holidays and maximizing your microwave. Workshops will be taped for people at home, but seniors need to go to the high school to participate in the workshops, which will be given by high school Consumer Science students. Please call the Senior Center to learn more about this exciting new offering.

Outreach News: Fuel Assistance Update

Brochures are available at the Senior Center on the **NSTAR's** program for those who use gas for fuel. If you have questions about the program, simply call 1-800-566-2080 or visit the website at www.nstaronline.com.

New applications for **Fuel Assistance** are due to begin to be accepted in November. If you need assistance now or know you will be wanting to apply as soon as enrollment begins, give Walter a call.

Additional Farmer's Market Coupons are now available to homebound seniors: Walter has been able to obtain additional coupons for homebound residents that qualify. Call the Senior Center to get more information.

Thank you to those who called to express their interest in seeing the ChiGong and Reiki programs continue. We will keep you posted on these offerings. To learn more about any of these programs, or if you have any Outreach concerns, call Walter Rice at 508-841-8647.

Immunization Clinic Update

There have been some delays in the production of the Influenza Vaccine provided by the state. The Board of Health Influenza and Pneumonia Vaccination Clinic is tentatively scheduled for Thursday, November 4, 2004. Please watch Cable TV Channel 15 for further announcements.

Did You Know...

Age 62 or older: A no fee Senior Citizen Pass will admit to all day facilities of the Massachusetts Division of Parks and Recreation.

Age 70 or older: A Massachusetts Fishing License can be obtained at no charge.



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to sign up for
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**Busy Hands
Knitting Group**

Looking for a great gift? Drop by the Senior Center and view our wide variety of hand knitted goods. All items are reasonably priced.

Shrewsbury Senior

Mondays
11am

President:

Grace Fulginiti

Join Us!

Citizen's Club

CARES September Column:

Yard sales, Thrift stores and Auctions

By Dave Grillo, CARES Coordinator

(Consumer Awareness and Resources for Elders in Shrewsbury)

Paul Schlaver heads the Massachusetts Consumers' Coalition (617-349-6152; www.massconsumers.org). Mr. Schlaver's article, "Consumer Watch" appears in the June 2004 issue of *Angie's List* magazine. (*Angie's List* is a member organization that helps consumers find reliable contractors and other service providers. An annual subscription fee of \$59.00 enables you to utilize this resource; 617-737-5478 or www.angieslist.com).

In his column, Mr. Schlaver worries that well-meaning family members are purchasing unsafe used items such as cribs, bunk beds, halogen lamps and toys at yard sales and thrift stores. (auctions pose the same potential threat). He reminds readers that "returns and warranties for secondhand goods are out of the question." Most importantly, he states that without diligent research, you might unknowingly buy something at a yard sale or thrift shop that has been "recalled for safety concerns" by our government. Mr. Schlaver goes on to praise the U.S. Consumer Product Safety Commission (CPSC) as an "unsung government agency hero" that competently investigates complaints and proficiently removes unsafe products from the marketplace.

Consumer Reports magazine (August 2004) is not that kind to the CPSC. In its article entitled "The Trouble with Recalls," *Consumer Reports* is troubled that as many as six federal agencies are responsible for most recalls. And the CPSC is cited for not informing the public "that a product is under suspicion until its investigation is over." *Consumer Reports* believes that we are mistaken if we trust "that the federal government has certified most products as safe." Even when the CPSC or the National Highway Traffic Safety Administration or the Food and Drug Administration or the Environmental Protection Agency become aware that an item is unsafe, too often they don't inform those who may be affected. Too many loopholes and flaws, including leaving it up to negligent companies to handle recalls and resolution.

The article in *Consumer Reports* concludes that the best current website sources for safety recall information are www.recalls.gov, www.ConsumerReports.org, and the websites and toll-free numbers of the manufacturers themselves. Despite its criticism of the CPSC, the article encourages that you contact the agency (800-638-2772; www.cpsc.gov) to check for safety recalls of most consumer products. Contact the National Highway Traffic Safety Administration. (888-327-4236; www.nhtsa.dot.gov) concerning motor vehicles and car seats.

Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.

KALTSAS KORNER**FY '05 Budget Wrap-Up**

In reviewing the final action the MA legislature took regarding the state's FY '05 budget. Three important features should be noted:

First, the MA legislature has voted to override the governor's veto of its' earlier attempt to repeal expanded estate recovery. What this means is that the aggressive expanded estate recovery rules will not apply to recipients of Medicaid (MassHealth). No longer do seniors need to be concerned that life estates, or homes that are jointly owned, will be subject to estate recovery upon the death of a Medicaid (MassHealth) beneficiary. The death of expanded estate recovery is a major victory.

Second, this feature deals with the Declaration of Homestead. The governor signed the homestead bill, a bill that expands homestead protection, into law on July 28, 2004. A Declaration of Homestead will now protect up to \$500,000 in the value of a home-owner's principal residence from the claims of creditors - with some exceptions. The new law expands the homestead protection from \$300,000 to \$500,00. Another victory.

Finally, the last feature we will cover deals with the waiver request. Again, the Mass. Medicaid rules may not be more restrictive than the Supplemental Security Income (SSI) regulations imposed by the federal government. Therefore, the state's Department of Medical Assistance (DMA) (the state agency responsible for managing the state's Medicaid program) is seeking federal approval to make transfer of assets provisions more harsh than those imposed by the federal government in its' SSI regulations. The authority granted to DMA in the FY '04 budget seeking a Waiver was not repealed.

To withdraw DMA's authority to seek a federal waiver, a separate vote on repeal of the waiver was required. However, many legislators were apparently not aware that their vote did not include both overrides and it is clear that many legislators thought they had repealed the waiver authority when they repealed expanded estate recovery. I believe that the very important waiver issue can be won and legislation passed that would specifically prohibit the Administration from pursuing the waiver. Therefore, I strongly urge you to contact your legislators to take up this issue when the legislature reconvenes in the fall

Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts.

This article gives general information and not specific legal advice on individual matters.



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Library News and Events

Shades of Autumn at the Tower Hill Botanical Gardens

The Shrewsbury Public Library will be participating in the annual "Shades of Autumn" festival at Tower Hill in Boylston throughout the Columbus Day weekend. Best of all, any Shrewsbury resident can visit Tower Hill that weekend free of charge! Call 508-841-8531 for more information.

French Conversation Circle

Tuesdays, 4—5:30PM Oct. 5, 12, 19, 26

Join us for a relaxing conversation (in French!) about whatever topic is of interest to you! There is no charge and no long-range commitment.

Shrewsbury Genealogy Club

Thursday, October 14, 7:30-9PM

For anyone interested in family history and genealogy. No experience required. Come and share your problems and insights with like-minded researchers!

Lord of the Rings Exhibition at Museum of Science Boston

Ends October 24th!

The Museum of Science is offering a special rate to museum visitors using the library pass; \$9.00 per ticket for up to four *Lord of the Ring* tickets; a savings of \$10.00 each! This includes the regular \$4.00 charge per admission to the exhibit halls. The international exhibit puts you within reach of hundreds of props and artifacts. You may reserve the pass through our website or by calling the library. The pass must be redeemed in person at the time of purchase. Discounts are not given on phone or internet orders.

Book Group:

Weaver and the Factory Maid, by Deborah Grabien

October 7th, 3pm and October 22nd, 10:30am

Haunting of Hill House, by Shirley Jackson

October 14th, 3pm and October 29th, 10:30am

Put A Little Forgiveness In Your Life! Tuesday, October 12th
5:30pm Reception, 6:30-7:30pm Program

The Notre Dame du Lac Assisted Living Facility, located at 555 Plantation Street in Worcester will be presenting a special program by Anne T. Pullen, M.A., on how to discover forgiveness as a process. Sometimes this process can be quite difficult, but it is vital. Come for a special evening and reflect on the ways hurt can wound the spirit and how forgiveness can heal and lead to a new awareness of yourself and others. Suggested donation is \$5. Please register by calling 508-852-3011, ext. 3222.

Parks & Recreation News

Fall programs are under way. If you would like to join one of the Parks & Recreation classes held at the senior center please call 508-841-8503 or stop by the Town Hall for space availability. Classes offered are Senior Tai Chi, Senior Line Dance, Fitness & Nutrition, Acrylic Painting, and Water Color Painting. See the calendar for the dates of the classes.

SILVER SCREEN CLASSIC MOVIES



Showcase Cinemas North presents classic movies monthly on the first Monday of the month at 1:00pm. Admission is only \$1.00, popcorn, soda and coffee are complimentary. Sybil Farson, a former movie critic, provides movie gossip and film background. The movie starts at 1:00 but it's a good idea to come early; it's very popular. Call (508) 852-2944 with questions. The movies for the rest of the year are: Oct. 4th - *Life Boat* (Alfred Hitchcock, 1944). Nov. 1st - *Drums Along the Mohawk* (1939). Dec. 6th - *Pennies from Heaven* (1936).




Grafton Senior Center Adopts a Marine Unit

Help Us Support Our Troops

Supplies Needed for Care Packages

If you would like to contribute, these are the items that are needed: Mesh laundry bags, powdered Gatorade, **pocket/travel items** such as toothpaste, toothbrushes, shampoo, Kleenex, deodorant, soap, lotion. Shave cream, disposable razors, toilet paper, sunblock, gum, Lifesavers, mints, eyedrops, blistex, etc. **Be sure to send items inside quart sized bags.** Reading material is also welcome! Postage to mail packages and stamps for them to mail tapes. Feel free to write a personal message in with your Care Package. It's always nice for our military personnel to receive a personal message from a supportive civilian back home. The serviceman or servicewoman who receives your package will enjoy the care with which it was packed, even if you choose not to include a personal message. Donations toward postage Shipping and Handling are also welcomed. A more comprehensive list can be obtained by calling the Shrewsbury COA or the Grafton Senior Center at 508-839-9242 on 30 Providence Rd., Grafton. Items can be brought to either Senior Center.

Leaves, Grass and Yard Waste Reminder: During the week of October 18th to 22nd and November 1st to 5th, leaves, grass and yard waste will be collected on your regular trash day. 30 gallon paper bags, weighing no more than 40 lbs, must be used, and lined up within 2 ft of the curb by 7am. Please do not include road salt, stones, rocks or any other material in the bags.

 <p><i>Christopher Heights of Worcester</i> Assisted Living Community 20 Mary Scano Drive Worcester, MA 01605 508-792-1456 <i>A place to call home where friendly residents and staff create peace of mind for families</i></p>	 <p>All Makes and Models Brakes/exhaust/tune-ups Wheel Alignment Towing and Road Service, Inspections 185 Memorial Dr. Shrewsbury 508-845-9850</p>	<p>Shrewsbury Friends Men's Group</p>  <p>Thursdays 9-11 AM President: John Kehoe</p>	<p>RICHARD'S CAR WASH 309 BOSTON TURNPIKE 508-755-0131 ALL CLOTH WASH — HOT WAX APPLICATION COIN OPERATED VACUUMS — 4 BAY WASHERS Tuesday: Senior Citizen's Day: \$1 off!!!</p> <p>TURNPIKE AUTO BODY 307 BOSTON TURNPIKE 508-755-3015 UNIBODY REPAIR SPECIALIST FEATURING: LASER BEAM TECHNOLOGY COMPLETE COLLISION WORK</p>
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Men's Friends News

The Men's Group resumed their meetings last month. Their second week, despite a golf tournament, over 85 men showed up to hear speaker John Collins of Shrewsbury, who is the Supervisor of College Game Officials in the area. His son, Mike, who also spoke, is the Director in the Big East Conference. Why not come to an upcoming meeting? All men are welcome!

Attention Skiers: Mt. Wachusett Discount Season Passes

Winter is coming and Mt. Wachusett offers discounts through group plans. Harry Pierce has formed a group for the last 21 years and invites everyone to join the fun weekdays on the mountain. Applications are available through Harry. Call: (508) 845-9692.



President Louise Russell, right, with two Friends members



The Friends of the Shrewsbury Senior Center, Inc.

Submitted by Diane Lindburg

Something new for Shrewsbury? Lakeway Overlay District? For

more info on this exciting town project please join Melvin Gordon, Chairman of the Planning Board, at The Friends of the Shrewsbury Senior Center, Inc.'s general meeting Tuesday, Oct. 19, 1 pm at the Senior Center. Join us for some coffee, tea, and scrumptious snacks.

Come and join in the fun and activities of the group dedicated to fostering and encouraging the dignity and independence of the senior residents of Shrewsbury. Bring a friend and don't miss out learning about how you can park, walk along the sidewalks of route 9 to shop at your favorite stores and restaurants!

Help support the Friends of the Senior Center by becoming a member for just \$5! Fill out the membership form below and send it to the Senior Center, bring it to the meeting or give it to a Friend's member.

— MEMBERSHIP APPLICATION —

Friends of the Shrewsbury Senior Center, Inc.
Enclosed is my \$5.00 membership dues.

Name _____

Address _____

City, Zip _____

Telephone _____

Make checks payable to:

Friends of the Shrewsbury Senior Center, Inc.
98 Maple Avenue
Shrewsbury, MA 01545

Volunteer Opportunities: Craft Fair/White Elephant Event

Are you thinking of cleaning your house of unneeded items? Would participating in a communal yard sale help you pass on your very nice things you no longer need nor want to someone who would love to have them? Do you make and sell craft projects just perfect for Christmas giving? Would you like to be part of an indoor yard sale at the Shrewsbury Senior Center? We are just beginning plans for a small craft fair/white elephant event, perhaps in November.

Computer Classes

Computer classes will resume this month. We will offer introduction to computers, internet, and e-mail, and word processing. Although the classes are free, there may be a small charge for a workbook. If you have computer skills and would like to act as an aide to the instructor, please call Elaine at the number below.

New House Cleaning Service

We have become aware of a need to help clean houses or apartments before, during, and after seniors who move. Volunteers who are willing to join this new endeavor will be providing a service to help during the stressful moving time. Details are incomplete, but we know of the need. Please let us know that you are willing to help.

New Liaison Needed:

Our longtime liaison, Dolores Lake, who is a Grand Reader, has had to step down as the liaison between the Shrewsbury Community Partnership for Children and the Council on Aging Boards. A replacement is desperately needed.

If you are interested in any of the above volunteer opportunities or have any other volunteer opportunities to offer, please contact Elaine Baskin, Volunteer Coordinator, at the Senior Center. **508-841-8758**
or email: egrillo@th.ci.shrewsbury.ma.us.

Travel **Anna & Bernie Keiser: 508-753-1387**

October 20th: Showtime @ Chez Josef
November 10-12: Beacon Resort Christmas
November 16th: Tony Soprano's Retirement Party
December 8th: Rockettes Christmas Show

Frank Fulginiti : 508-845-6509

Oct. 12-15th: WWII, Vietnam, Korean, Lincoln Memorials
November 16th: Louie Prima Show at Foxwoods
December 14th: The Rockettes at the Wang Center:
Spectacular & Bright Nights
December 10th : Christmas in Connecticut
Call Frank or Anna to learn about exciting trips they have planned!

Lost Cribbage Shield, Please Help!

A cribbage board is missing from its usual place in the Senior Center. If you recall seeing it or know where it might have been stored, please let someone at the receptionist desk know or simply leave it on the table. The board is shaped as a shield and can be used by three people. It may have been left on the counter with the free books.



Prescription Advantage Update
by *Ellin Hassett, Regional SHINE Director*

**HINTS FOR PEOPLE WITH MULTIPLE
PRESCRIPTION COVERAGES**

Many people have more than one type of prescription coverage. For example, they may have Prescription Advantage in addition to an HMO limited prescription benefit. Here are some guidelines to help ensure that your prescriptions are properly priced when you have multiple prescription coverages.

1. Make sure that all of your prescription plans are listed in your record in the pharmacy's computer. The information required for the computer can be obtained from your insurance cards.

2. Do not assume that your pharmacy will automatically check for multiple insurances when they price your prescriptions (even if their computer has information for all of your plans). This is particularly important for people who have an HMO limited prescription benefit and other prescription coverage such as Prescription Advantage. Some pharmacies will not switch to your secondary insurance after your HMO cap is reached unless you remind them about your multiple insurances at the time you fill/refill your prescription.

3. Become familiar with what you should be charged for your drugs for each of your prescription plans. If your insurance plans charge co-payments, learn what the co-payment amounts are for your particular drugs. This information can be obtained from the Customer Service departments of your insurance plans whose phone numbers should be listed on the back of your insurance cards. This knowledge will help you determine if your prescriptions have been properly priced.

4. Ask for a refund if you have been overcharged. Pharmacies should provide refunds for any recent overcharges. Insurance plans should provide refunds for older transactions.

5. You can request a printout from your pharmacy listing all of your drug purchases for whatever period you specify. For each transaction, the printout should show the full price of the drug, the amount you paid, and the amount paid by insurance. This printout can help you identify any overcharges which have occurred and can be used as documentation for a reimbursement request.

SHINE counselors can help you understand your prescription benefits and assist you with reimbursement request.

SHINE (Serving the Health Information Needs of Elders) is a free service available to Medicare beneficiaries of all ages. To reach the SHINE Program call 1 (800) 243-4636 option #2, 800AGEINFO.

The SHINE Program provides free, confidential and unbiased health insurance counseling for Medicare beneficiaries and their caregivers.

Good Food = Good Health: SERVE

Sign up on-line at www.servenewengland.org or in person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. The Church's sign up hours are Mon. through Thurs. from 9am-1pm. Call 508-842-2731 before you go to make sure a church staff person is available to sign you up. Deadline is Oct. 7th for distribution on Oct. 23rd.

Fallon Representative Available

Fallon Senior Plan Representative Janice Sochalski will be available at Sophie's Restaurant in Shrewsbury on October 22nd at 2:30pm. She will also be in several locations this month to answer questions about the Fallon Senior Plan, regardless of whether or not you are a member. Locations include: Friendly's in Worcester at 2pm (10/6) and 10am (10/15), The Other Place in Boylston, 2:30pm (10/19), and Christina's Café in Westboro at 10am (10/21). For more info, call Fallon Community Plan at 1-800-868-5200 Mon. - Fri., 8 am to 6pm.

Elder Care 2004: Aging Well, Living Well

October 5th, 10am-3pm

Holiday Inn, Worcester

Attend this free event for seniors and caregivers, there will be 50 Exhibiting companies, giveaways, raffles and refreshments. Health Screenings will include bone density, blood pressure, body fat, glucose, depression, skin analyzer and dementia screening. There will be seminars: 10am: "Brain Attack: Stroke Recognition and Prevention" and 11am: "Keeping Up The Pace: A Unique Approach to Long Term Care At Home". Entertainment will include: 10am: SilverSneakers interactive fitness demo, 11:45am: Ballroom Dancing performance, 12:30pm: Musical performance by Orleans Connection and 2pm: Drumming About You: Experience the Rhythm. For more information, contact American Health Resources, Inc. at 508-588-7700.

Alzheimer

Family & Caregiver Support Group

Get the support and education you need, as well as a chance to share your feelings, ideas and concerns. Meetings are held monthly the first Tuesday of the month from 7-8:30pm at Whitney Place in Westboro. Call Aimee Rizzo at 508-836-4354, ext. 3706 for more information. This month's meeting will be held October 5th, November's will be on November 2nd.



Dean Park Pizza
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At Senior Center**



Shrewsbury Rotary Club
"Service Above Self"
Dr. Lauren Hamm
President
2004-2005

Britton Funeral Homes, Inc

Britton Funeral Home
648 Main St. Shrewsbury
(508) 845-6226

Britton Wallace Funeral Home
91 Central St. Auburn
(508) 832-4420



October 2004 Calendar

Please Note: PARKS/REC activities are indicated with an (*).
To find about other adult programs being offered, please call the Parks
Department at 508-841-8503.

Monday	Tuesday	Wednesday	Thursday	Friday
4 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge Vegetable Cheesebake	5 Trip: Targets 10am Independent Artists 10am Senior Line Dance* Noon: Painting with Elaine 3:15 Tai Chi* 4pm Tai Chi* Roast Turkey with Gravy	6 9:30-10:30 Fitness & Nutrition* 11:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Modified Pilates Fish Victor	7 9am Men's Group 9am: Acrylic Painting* 9am: Bocce, Horseshoes 10:45am: Water Color* 1:00 Pitch Chicken L'Orange	8 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands Hot Dog and Beans
11 Columbus Day All Municipal Offices Closed	12 Trip: Ocean State Job Lot 10am Senior Line Dance* 10am Spinal Screening 10-12 Independent Artists Noon: Painting with Elaine 1pm Hearing Screening 3:15 Tai Chi*, 4pm Tai Chi* Chicken Mornay	13 9:30-10:30 Fitness & Nutrition* 10:00: Free Legal Clinic with Paula Smith 10:00: COA Board Meeting 11:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Chair Pilates Salisbury Steak	14 9am Men's Group 9am: Acrylic Painting* 9am: Bocce, Horseshoes 10:45am: Water Color* 1:00 Pitch Pork Stir Fry	15 9:30 Writer's Workshop 10:00 Cribbage 10:00 Emergency Preparedness Event 1:00-3:00 Busy Hands Chicken Croquettes
18 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge Teriyaki Chicken	19 Trip: Solomon Pond Mall 10am Senior Line Dance* 10am Independent Artists Noon: Painting with Elaine 1pm: Friends of the Shrewsbury Senior Center, Inc. 3:15 Tai Chi*, 4pm Tai Chi* Stuffed Cabbage	20 9:30-10:30 Fitness & Nutrition* 11:00 Yoga 11am B. Pressure Screening 12:30 Bridge/1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Chair Pilates (MOW Only: Café Closed)	21 9am Men's Group 9am: Acrylic Painting* 9am: Bocce, Horseshoes 10:45am: Water Color* 10am-noon: Financial Clinic with Cliff Jefferson 1:00 Pitch Salmon Boat	22 9:00 Rep. Polito Office Hrs 9:30 Writer's Workshop 10:00 Cribbage 11:30am: Lunch and Movie 1:00-3:00 Busy Hands Shepherd's Pie
25 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge Vegetable Lasagna	26 Trip: Auburn Mall 10am Independent Artists 10am Senior Line Dance* Noon: Painting with Elaine (No Tai Chi Classes) Chicken Cantonese	27 9:30-10:30 Fitness & Nutrition* 11:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Chair Pilates Roast Turkey	28 9am Men's Group 9am: Acrylic Painting* 9am: Bocce, Horseshoes 10:45am: Water Color* 1:00 Pitch Veal Parmesan	29 9am Newsletter Mailing 9:30: Writers Workshop 10:00 Cribbage 1-3 Busy Hands Meatballs
<p>PLEASE NOTE: All special monthly activities, meetings and screenings appear in <i>italics</i> on the Calendar.</p> <p>Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events. The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.</p>				
			Elder & Disability Law Advocates Guardianships Estate & Medicaid Planning Medicaid Benefit Applications Worcester (508) 755-6525	